

I just returned from the April 2-8 Heartlines and cannot say enough good things about this program. It is full of surprises, so you will forgive me if I don't include a lot of detail. I do not want to run the risk of preloading it for anyone who has not taken it.

As with all TMI programs, the group is as important as any other element, and this was a marvelous group - 17 including our trainers, Penny Holmes and John Kortum. I cannot separate Penny and John out from the group; they were as much a part of the group as anyone there. We really came together quickly and were old friends almost before the first tape.

Where at GW, they take away your watch to symbolize "no time" at Heartlines; they take away part of your identity. You are not allowed to mention your career or give any hints until breakfast on Friday morning where people try and guess what you do. The reason is that we tend to identify ourselves - at least partially - by what we do for a living. It is part of what we use to define ourselves. Not giving unintentional hints is more difficult than you might think.

You spend time in 10, 12, 15, 18 (Heartline focus state) and 21.

Although I subconsciously decided not to take note of it, I should have realized it would be a very expanding week when all of my PIC codes magically changed without any conscious input from me, during the first tapes. When Penny asked during the debriefing, if anyone's PIC codes had changed, I remember a lot of hands going up.

For me, there were a couple of pretty big hits regarding giving and receiving love. My dad was one of those people who everyone liked and was always giving, but he did not know how to receive, so he seldom allowed anyone to repay a favor or do anything for him. My mother knew how to give and receive. I (being the intelligent being I thought I was) of course chose the path of greater resistance and followed in my father's footsteps. When this came up in one of the tapes, and I "owned" it, and released it, all the "things" it had caused in my past were changed. And I love my mother and father more now than I ever have.

Heartlines blew away a lot of my old comfort zones, and it feel incredible to have lost those barriers.

I have literally stepped off one path and onto another. I am not the person I was when I stepped through the door of NPC on April 2nd... AND I LIKE IT!!!

Love to all,

Rich